



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Poschart, Kai**

Club: bsg neo gera  
Number: 1610

Course: 17.60 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:01:13

Speed: 8.41 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 209 (of 528)

Rank in course/Men: 196 (of 449)

Best time in course: 1:17:47

Rank in category: 47(of 101)

Best time in the category: 1:23:03